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Quick Facts

About VMI

Location: Lexington, Va.

Nickname: Keydets

Founded: 1839

Enrollment: 1,300

Superintendent: General J.H. Binford Peay, III

Alma Mater: VMI '62

Athletic Director: Donny White

Alma Mater: VMI '65

About VMI Wrestling

Conference: Southern

Arena: Cocke Hall (Capacity 700)

Head Coach: John Trudgeon (22nd season)

Alma Mater: William & Mary '75

Record at VMI: 132-144-4

Overall Record: 132-144-4

Email: trudgeonjs@vmi.edu

Office Phone : 540-464-7513

Fax: 540-464-7622

Mailing Address:

Virginia Military Institute Wrestling Office
 234 Cameron Hall; Lexington, VA 24450

Assistant Coach: Chris Skretkowicz (1st season)

Alma Mater: Hofstra '05

Email: skretkowicz@vmi.edu

Office Phone : 540-464-7059

Athletic Trainer Adam Perreault

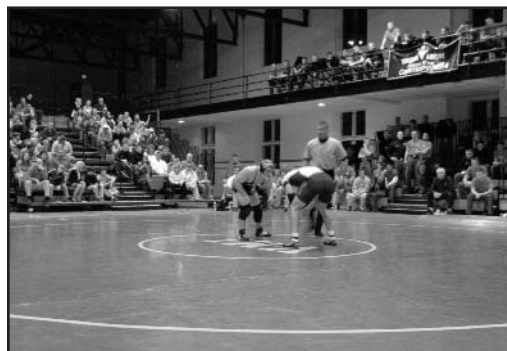
Alma Mater: New Hampshire '06

Email: perreaultar@vmi.edu

Office Phone : 540-464-7310

Starters Returning/ Lost: 9/2

Letterwinners Returning/Lost: 10/3



VMI Wrestling at the Thunderdome has been described as "one of the best collegiate wrestling atmospheres on the East Coast."

Credits

The 2006-07 Virginia Military Institute wrestling media guide is a publication of the VMI Sports Information Office.

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John Trudgeon

William & Mary '75 ♦ 21st Season ♦ 132-144-4

2004 Virginia State Coach of the Year

Since taking the reins of the Keydet wrestling program in 1985, head coach John Trudgeon has progressively raised the benchmarks of success surrounding VMI wrestling. Southern Conference Championships, NCAA qualifiers, and All-Americans - all are now standard phrases used in connection with Trudgeon's wrestlers.

The success achieved in recent years by VMI wrestlers under Trudgeon's tutelage has been unprecedented. Among the achievements:

- * At the completion of the 1995-96 season, VMI received votes in the Amateur Wrestling News Top 25 Coaches' Poll.

- * Six Top 12 individual finishers in the NCAA Championships in recent years, including a fourth place finish by 142-pounder Charlie Branch in 1994 and a sixth place finish by heavyweight Leslie Apedoe in 1999 - earning both All-America honors. 157-pounder Adam Britt finished in the top 12 of the 157 lb. weight class in 2002.

- * The Keydets won three Southern Conference Co-Champions in a span of five years - 1995, 1997, and 1999. In three of the last six seasons, the Keydets finished just one match out of first place in the standings.

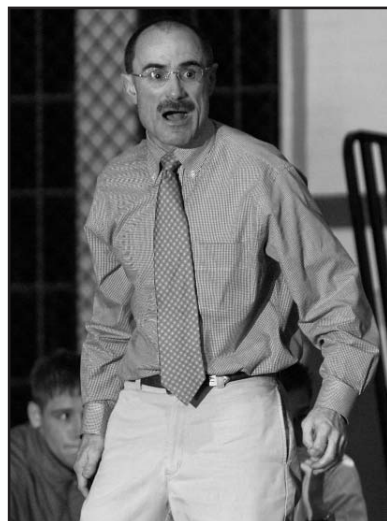
- * A 12-1 dual record over Southern Conference opponents between 1995 and 1997, with the only defeat coming in 1997 at the hands of Appalachian State, 20-19 -- a loss which also ended a 14-match home winning streak. The Keydets returned to their SoCon success in 2002 and 2003, posting 4-1 records and finishing second in both the standings and the tournament in each year.

During his 21 seasons as head coach, Trudgeon has posted a dual record of 132-144-4. He is a four-time SoCon Coach of the Year - 1994, 1995, 1999 and 2000 - and he has three times been named Virginia Coach of the Year, in 1993, 1994 and 2004.

Trudgeon, a 1975 graduate of William & Mary with a B.S. in physical education, was a three-year starter for the Tribe and qualified for the NCAA Division I tournament his senior season.

He came to VMI after serving as head wrestling coach at Lafayette High School in Williamsburg, Va., for eight seasons. During his tenure, his squads won district titles in 1982 and 1983, and placed third in the Virginia AAA tournament in 1982. He was the Peninsula District Coach of the Year in 1982, and coached six AAA state champions.

Trudgeon worked on his masters in education from East Stroudsburg University in 1985. He and his wife, Cathy, who is the staff education coordinator at Stonewall Jackson Hospital, are the parents of Joshua, age 13.



Year-by-Year with John Trudgeon

<u>Year</u>	<u>Overall</u>	<u>SoCon</u>
1985-86	10-2	3rd
1986-87	7-5	3rd
1987-88	6-11	3rd
1988-89	8-8-2	3rd
1989-90	4-9	3rd
1990-91	2-12	3rd
1991-92	4-8	3rd
1992-93	5-9	4th
1993-94	9-5	3rd
1994-95	8-2	T-1st
1995-96	11-3	2nd
1996-97	8-5	4-1
1997-98	1-13	1-4
1998-99	8-4	4-1
1999-00	6-7	4-1
2000-01	2-11	2-3
2001-02	11-4	4-1
2002-03	8-3	4-1
2003-04	7-7	2-3
2004-05	6-6-1	2-3
2005-06	1-10-1	0-4-1
Total	132-144-4	27-22-1



Chris Skretkowitz

- ◆ Assistant Coach
- ◆ Hofstra '06
- ◆ First Season

Chris Skretkowitz, a three-time CAA champion while at Hofstra, begins his first season as an assistant coach with the Keydet Wrestling program.

"We're very excited about Chris coming in and helping us," said Trudgeon. "He has a wonderful background, and he is definitely going to be a hard worker. He spent last year coaching at the high school level, and we're very excited to have both he and his wife Megan coming on board."

Skretkowitz certainly brings a prestigious wrestling background to the Institute, having twice been named as an All-American while wrestling at 197 pounds. His 140-24 career record was accompanied by a perfect 26-0 mark against CAA opponents in his four years in the league. He qualified for the NCAA Championships each of his four seasons, and will look to help train the Keydet wrestlers to do the same.

"I'm very honored to be given the chance to coach at VMI," said Skretkowitz. "I'm excited to begin working with the team and assisting Coach Trudgeon to help VMI reach their goals on the mat."

A 2005 graduate of Hofstra, Skretkowitz has spent the last year as an assistant coach at his former high school, Walkkill Valley Regional (N.J.). While competing there, Skretkowitz was a three-time State Placewinner, including a State Champion his junior year and a six-time Wrestling All-American, while competing in Greco, Freestyle and Folkstyle.

In his four years at Hofstra, Skretkowitz also earned CAA Tournament Outstanding Wrestler honors as a senior, along with CAA Rookie of the Year honors as a freshman. Among individual tournaments, Skretkowitz was a three-time placewinner at The Midlands, while also capturing the 197 lb. championship at the 2004 Cliff Keen Las Vegas Invitational.



Christian Hoffman

- ◆ Wrestling SID
- ◆ Lee '03
- ◆ Third Season

Entering his third year at the Institute as the Wrestling SID is Christian Hoffman.

Since joining the VMI staff, Hoffman has served as the media contact for many Keydet sports, including baseball, men's and women's soccer, lacrosse, wrestling, cross country, swimming and diving, along with assisting in the promotion of football and basketball.

Hoffman came to VMI after spending one year at Mercer University in Macon, Ga. While at Mercer, Hoffman worked toward his MBA while serving as the media contact for several of the Bears' sports, including baseball, women's basketball, women's soccer and cross country.

Over the past three years, he has worked Official Stats for



Jimmy Whitten

- ◆ Strength & Conditioning Coach
- ◆ Virginia Tech '91
- ◆ Third Season

Jimmy Whitten is beginning his third year as VMI Associate Head Strength and Conditioning Coach, where he has made a positive impact on the program.

Whitten came from East Carolina University in August 2004, where he was Director of Strength and Conditioning. While at ECU, Whitten implemented the strength and conditioning programs for Pirate Football and Men's Basketball for three years and headed up the strength programs for the Pirate Men's Basketball, Baseball, Softball, Men's Track, Men's and Women's Soccer, and Swimming teams.

Prior to his ECU tenure, Whitten was head strength and conditioning coach for UNC Charlotte from July, 1999, to February, 2001. He was also assistant strength and conditioning coach at his alma mater, Virginia Tech, for two years after serving as a graduate assistant in the program for two years.

He was a defensive end standout for the Hokies and was named the team's Co-MVP as well as most valuable defensive lineman in 1990. He also held the Captain's Award for Hokie Football in 1990.

Whitten earned a Bachelor of Science in Education at Virginia Tech in 1991 and earned a Masters of Arts in Counseling Education at Virginia Tech in 1996.

Whitten is a member of the Collegiate Strength and Conditioning Coaches Association and National Strength and Conditioning Association.

A native of Danville, Va., Whitten and his wife, Eileen, have two children - daughter Mandolin (4), and son Luke (3).

the first and second rounds of the NCAA Men's Basketball Championships held in Orlando, Fla., as the statistician for the WBA's Macon Blaze, and has served as the Tournament SID for the 2003 Atlantic Sun Men's Soccer, 2005 Big South Cross Country and the 2006 ACC & Southern Conference Wrestling Championships. He has also worked on ESPN's Sunday Night Baseball broadcasts in Atlanta and Philadelphia and as a scorer at the 2004 Roosevelt World Basketball Challenge, held in Warm Springs, Ga.

Hoffman graduated from Lee University in Cleveland, Tenn. in 2003 with a B.S. in Mathematics and minors in Religion and Business. He worked in the Flames' Sports Information office for a year and a half, working primarily with baseball and men's basketball. He is a native of West Point, Va.